

30-Day Stress reduction Challenge

Take the next 30 days to try this stress reduction challenge.

Notice how good you feel when you're treating your body well. Can you continue some of these healthy habits even after you've completed the challenge?

<p>1 Do a 5 minute meditation. Find a quiet spot, close your eyes and take 10 long deep breaths.</p>	<p>2 Practice mindful eating. Have one meal where you are eating while doing nothing else. Savor the flavors.</p>	<p>3 Take a walk. Go for a 15-minute walk. Focus on your breath and be aware of your surroundings.</p>	<p>4 Make a To Do list. Check things off as you complete the tasks to feel a sense of accomplishment.</p>	<p>5 Be in the moment. Try not to multitask. Sometimes it's more beneficial to focus on one task at a time.</p>	<p>6 What is draining your energy? Do these "energy sappers" really need to be in your life? Pick one and reduce your time with it.</p>
<p>7 Choose a super food. Try a food with multiple health benefits today. (Sweet potato, berries, kale/spinach.)</p>	<p>8 Take time for you. Set aside 15–30 minutes today just for you. (Relax, go for a walk, read a book.)</p>	<p>9 Make a budget. Look at your monthly budget. Write down all of the required expenses. Determine where any extra money would be spent.</p>	<p>10 Cook a healthy, easy dinner. Create a simple, healthy meal with 5 ingredients or less. (Veggie omelets with whole grain toast, low fat grilled cheese.)</p>	<p>11 Do some deep breathing. Take in a slow, deep, long breath counting to five. Release as much of the air as you can. Repeat 3–4 times, twice today.</p>	<p>12 Engage in guided imagery. Sit quietly and imagine yourself in a relaxing place. Bring all your senses in. Do this for 10 minutes today.</p>
<p>13 Practice coping skills. Create a list of all the ways you deal with stress. Think of one new technique and try it today.</p>	<p>14 Appreciate yourself. Choose one thing you like about your life or yourself and write it down. Look at it often as a reminder to appreciate yourself.</p>	<p>15 Share. Share your favorite stress management technique. Exchange ideas to get support and help someone. Giving is very rewarding.</p>	<p>16 Laugh. Laughing is both a physical and mental stress reliever.</p>	<p>17 Do 30 minutes of activity. Perform 30 minutes of activity today. You can break this up into three 10-minute sessions.</p>	<p>18 Have a day of optimism. Think positive, be grateful, do not complain, believe that you can accomplish something, be confident.</p>
<p>19 Plan a relaxing lunch. Schedule a lunch break with no work. Pack something healthy and delicious.</p>	<p>20 Change your routine. Drive a new way home. Take a break at a different time than usual. Change your routine to see the world differently.</p>	<p>21 Limit screen time. Spend one day with limited time on all screens. Only use your devices for necessary communication.</p>	<p>22 Sleep better. Go to bed 20 minutes earlier tonight. Try meditation, stretching or deep breathing before bed to improve quality of sleep.</p>	<p>23 Drink smart. Cut back on caffeine, sugar and fat in your drinks. Extra calories, sugar and sodium can be hidden in beverage choices. Choose water!</p>	<p>24 Communicate effectively. Rather than getting angry, take a moment to calm down. How you communicate matters in having healthy, stress-free relationships.</p>
<p>25 Choose one. Take a bath; pet your dog or cat; enjoy a cup of herbal tea; write a letter; listen to music; watch a funny video.</p>	<p>26 Write it on paper. Place your thoughts on paper. Seeing your thoughts on paper can help alleviate stress and bring order into your life.</p>	<p>27 Trust your instincts. Be confident in your decisions. Follow through with something you believe in or want to accomplish today.</p>	<p>28 Track your stressors. Track all the things that cause you stress. Which ones were worth it? Reflecting on your responses is the first step to making positive changes.</p>	<p>29 Practice time management. Plan your time efficiently today. Get up earlier, space out errands, allowing enough time for unplanned roadblocks.</p>	<p>30 Be flexible. We often have to make compromises or alter our behavior. Be willing to meet someone halfway on a project or personal issue.</p>